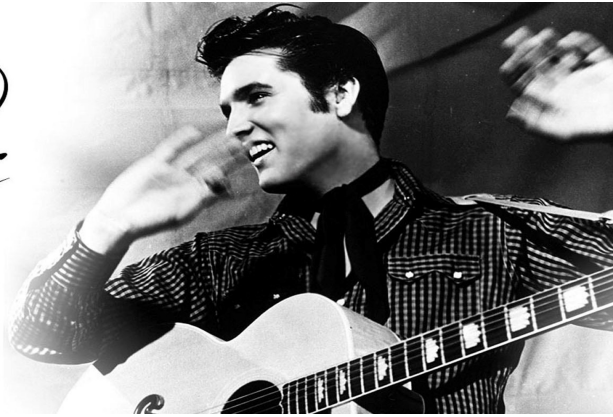
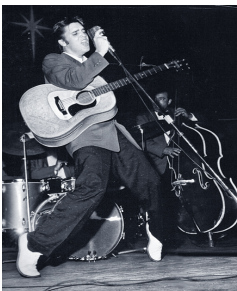


# the Kingsport Senior Center News

Elvis



## Elvis Birthday Celebration

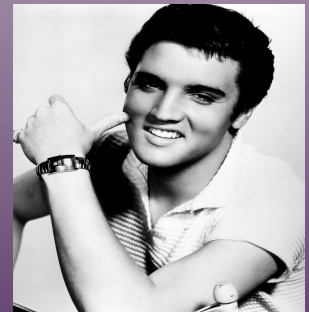


We will be celebrating Elvis's 81<sup>st</sup> birthday in the Cafeteria at the Kingsport Senior Center. We will be serving Elvis's favorite food; peanut butter and banana sandwiches, chips, and ice-cold Pepsi. We will also have Elvis karaoke for entertainment. Don't forget to wear your Elvis costume if you have one.

Friday,  
January 8,  
2016

1:00P.M.-  
2:00P.M.

Sign up  
now!



## Save the Date: Mark Your Calendars

The Kingsport Senior Center will be closed Friday, January 1 and Saturday, January 2, 2016 for New Years Holiday.



The Kingsport Senior Center will be closed on Monday, January 18, 2016 for Martin Luther King Day.

**Kingsport Senior Center Staff**

- **Director-** Shirley Buchanan  
[Shirleybuchanan@kingsporttn.gov](mailto:Shirleybuchanan@kingsporttn.gov)  
392-8403
- **Branch Coordinator-** Michelle Tolbert  
[michelletolbert@kingsporttn.gov](mailto:michelletolbert@kingsporttn.gov)  
392-8404
- **Wellness Coordinator-** Kevin Lytle  
[kevinlytle@kingsporttn.gov](mailto:kevinlytle@kingsporttn.gov)  
392-8407
- **Program Leader-** Amber Quillen  
[amberquillen@kingsporttn.gov](mailto:amberquillen@kingsporttn.gov)  
392-8402
- **Program Leader-**Lori Calhoun  
[loricalhoun@kingsporttn.gov](mailto:loricalhoun@kingsporttn.gov)  
392-8405 **FAX** 224-2488
- **Program Assistant-** Jane Whitson  
[janewhitson@kingsporttn.gov](mailto:janewhitson@kingsporttn.gov)  
392-8406
- **Program Assistant-** Megan Marrow  
[meganmarrow@kingsporttn.gov](mailto:meganmarrow@kingsporttn.gov)  
343-9713
- **Branch Assistant-** Hannah Baker  
[hannahbaker@kingsporttn.gov](mailto:hannahbaker@kingsporttn.gov)  
765-9047
- **Nutrition Site Manager-**  
Sutonia Sizemore  
246-8060
- **Front Office-** 392-8400

## Center News

**The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments and questions from members.**

## Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

## Membership Dues

For Fiscal year: July 1, 2015-June 30, 2016

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

## Location and Hours of Operation

**Main Site: Renaissance Building: (423) 392-8400**

1200 E. Center Street

Kingsport, TN 37660

**Hours of Operation:**

Monday-Friday 8:00am-7:00pm; Saturday 9:00am-Noon

[www.kptseniors.net](http://www.kptseniors.net)

**Lynn View Branch Site: (423) 765-9047**

257 Walker Street

Kingsport, TN 37665

**Hours of Operation:**

Monday-Friday 9:00am-2:00pm

**\*The exercise room and computer lab will close 15 minutes prior to the closing of the Center.**



# WELLNESS

## Stepping On

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader- someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications. **Topics include:** Simple and fun balance and strength training. \*The role vision plays in keeping your balance \*How medications can contribute to falls \*Ways to keep from falling when out in your community \*What to look for in safe footwear \*How to eliminate falls and hazards from your home. **Is this workshop for you?** Stepping On is designed specifically for anyone who: \*Is 65 or \*Has had a fall in the past year \*Is fearful of falling \*Lives at home \*Does not have dementia. **Did you know?** \*More than one-third of people age 65 or older fall each year \*Falls are the leading cause of injury and hospitalization for trauma a death among older adults \*35% of people who fall become less active \*40% of people who enter a nursing home had a fall in the prior 30 days. This workshop will be ever **Wednesday, 9:30A.M. to 11:30A.M., January 27, February 3, 10, 17, 24, March 2, and 9, 2016** in the card room. Sign up will start on Wednesday, December 16, 2015 or call 423-392-8400, there is a limit of 16 seats available. The workshop is sponsored by Holston Valley Medical Center, Acute Care Surgery Services/Trauma.

## Wellness Seminars

**Fibromyalgia:** Dr. Sonja Starnes with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, January 26, 2016 at 10:30A.M.** in the Card Room. Topic of discussion will be "Fibromyalgia": This seminar will discuss causes, symptoms and treatments of Fibromyalgia and how to manage it. This is an event you will not want to miss, so mark your calendar and plan to attend!

**Simple Ways to Improve Back Pain:** Dr. Kari Goan with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, March 22, 2016 at 10:30A.M.** in the Card Room. Topic of discussion will be "Simple Ways to Improve Back Pain". This seminar will show demonstration and educational points on common causes of back pain and simple ways to improve and prevent the pain. **Note:** No sign up required to attend. This is an event you will not want to miss.

## Stroke Support Group

Do you know someone that has suffered from a stroke? Are you a caregiver for a friend, family member, or loved one that has suffered from a stroke? Maybe you have had a stroke...Your friends, Ginny Jenkins with Smoky Mountain Home Health and Hospice, Kim Howell with Visiting Angels, and Kevin Lytle with the Kingsport Senior Center have teamed up to help give support to those in need. We understand and care about what you are going through and we want you to know you are not alone! Please join us on Tuesday, January 12, 2016 at 10:00A.M. in the Card Room at the Kingsport Senior Center, 1200 E. Center Street. Refreshments will be provided. No sign up is required to attend this seminar.

## Tournaments

**Billiards Tournament:** We invite all pool sharks to show off your skills on Wednesday, January 13, 2016 at 10:00A.M. in the Billiards Room. This tournament will be Kingsport Senior Center vs. Bristol Senior Center with single and team play, race to (4) four games. Cost is free for our members. Note: The tournament is from 10:00A.M. to 2:00P.M. and will be played on all four tables in the Billiards Room. See Jack McDavid to sign up.

**Shuffleboard Tournament:** We invite all table tennis players to show off your skills on **Wednesday, January 27, 2016 at 10:00A.M.** This tournament will be doubles playing the best three games, and double elimination with a minimum of 10 to sign up for tournament to be played. Cost is \$2.00 per person, payable at sign up for tournament to be played. Cost is \$2.00 per person, payable the day of the tournament. Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place only. Sign up in the office.

## Tennessee Lady Vols Basketball

Come join us as we travel to Knoxville on **Sunday, January 31, 2016** for Lady Vols vs. Alabama. This game we will be sitting in **section 130**. Cost is \$40.00, which includes your ticket and transportation. We will depart the Senior Center at 10:00A.M. with lunch on your own at Aubrey's in Strawberry Plains. We will have 45 tickets available and (2) ticket limit per person. **Sign up began on Wednesday, December 16, 2015**, so mark your calendars!

## Lunch and Learn

Alicia Greer, PTA Rehabilitation Liaison with HealthSouth Rehabilitation Hospital will be at the Center on Tuesday, February 16, 2016 at 11:30A.M. in Room 310. Topic of discussion will be "What Do I Do Now?" This seminar will be a slide show presentation for anyone who may find themselves having to make decisions for extended care after an illness or injury. The differences between inpatient rehab, skilled care, outpatient therapy, and home health will be discussed. Sign up will start on Wednesday, January 13, 2016. There is a limit of 40 seats available.

# Daily Activities and Classes at the Center

## Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Basic Tai-Chi: 8:30am- Room 310 (Starts Sept 14)
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- 3:00pm- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – [www.scphotogroup.com](http://www.scphotogroup.com)
- Happy Day Singers: 9:45am
- Clay, Beginning: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 2:00pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

## Tuesday:

- Massage Therapy: 9:00am-3:00pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 8:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Room 302
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 9:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickleball: 1:00pm- Gym
- Basketball: 4:00pm- Gym

## Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Tai- Chi: 8:30am- Room 310
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302
- Table Tennis: 1:00pm- Gym
- Basketball: 4:00pm- Gym

## Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Room 302
- Lap Swimming: 8:00am- Aquatics Center
- Bingo: 9:00am-Cafeteria
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Beginning Clogging: 10:00am- Room 302
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Volleyball Lessons- 11:30am- Gym
- Core and Posture Beginning Belly Dance: 11:30am-Room 302
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Cornhole: 4:00pm- Gym

## Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Genealogy Club: 9:00am- Computer Lab
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium
- Basketball- 4:00pm-Gym

## Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon





## Travel and Special Events

**Cake Decorating with Buttercream**- Monday, January 4, 11, 18, and 25, 2016- 9:30A.M.-Card Room- Cost is \$20.00 for 4 sessions paid to instructor Donna Chmielnik- Supply list available at sign-up. Sign up now.

**Cake Decorating with Fondant**-Wednesday, January 6, 13, 20, and 27, 2016- 9:30A.M.-Lounge- Cost is \$20.00 for 4 sessions paid to instructor Donna Chmielnik. Supply list available at sign up. Sign up now.

**Bob Ross Style Painting**- Wednesday, January 13, 2016- Room 303- 10:00A.M.-2:00P.M.- Cost is \$50.00 paid to instructor Jay Holiday- See example in the display case billiards side- Bring your lunch- Supplies provided. Sign up now.

**Beginning Drawing**- Friday, January 29, 2016- Room 303- 1:00P.M.-4:00P.M.- Cost is \$20.00 paid to instructor Anne Thwaites- Learn the basics of how to draw- Supply list available at sign up. Sign up now.

**Flower Arranging Class**: Thursday, January 14, 2016-Card Room- 10:30A.M.-11:30A.M.- Cost: \$10.00 paid to instructor Susan Valentine- Bring scissors and green container if you have it. Sign up now.

**Cooking with Tracy**- Monday, January 4, 2016 at 11:00A.M. in the lounge- Cost is \$3.00 paid at sign up. You may sign up now. Maximum of 16 people. **Note:** Due to the popularity of this class; If you sign up and are not at the class by 11:15A.M, we will replace you with someone from the waiting list.

**Italian Style Cooking**- Monday, January 25, 2016 at 11:30A.M. in the lounge. Cost is \$3.00 paid to instructor Donna Chmielnik day of class. You may sign up on December 1<sup>st</sup>. Maximum of 16 people. **Note:** Due to the popularity of this class; If you sign up and are not at the class by 11:15A.M, we will replace you with someone from the waiting list.

We will be celebrating **Elvis's birthday** on Friday, January 8, 2016 in the cafeteria from 1:00P.M.- 2:00P.M. We will be eating Elvis's favorite food; peanut butter and banana sandwiches, chips, ice cold Pepsi and an Elvis Birthday cake. We will also have Elvis karaoke. You do not want to miss this celebration! **Sign up began on December 14th.**

**Sherlock Holmes Celebration Day: Scavenger Hunt** will be held on Thursday, January 21, 2016 at 1:00P.M. We will start the scavenger hunt in the cafeteria. You and one teammate will try to solve different riddles to find the next clue located throughout the Senior Center building. We will be using all 3 floors; keep in mind we do have an elevator if you cannot climb stairs. Whoever finds the last clue and brings it to the cafeteria will win the grand prize. **Please sign up by January 15.** Sign up will begin on December 4. \*Note: Only 2 people per team (Like the Amazing Race Show).

**Candle Light Dinner** will be held on Thursday, February 11, 2016 from 5:30P.M. to 7:30P.M in room 310. The cost is \$12.00 per person. Come and enjoy a romantic Italian Dinner with the one you love. **Sign up will begin on January 4, 2016.**

**Dog Show 2016** will be held on Tuesday, February 23, 2016 in the Atrium from 12:30P.M.-2:00P.M. Cost is to bring a donation for the animal shelter (food, blankets, bleach, toys, etc.). You may enter your pet in any of our 10 categories. Categories include: Owner and pet look alike, celebrity look alike, best trick, least obedient, cutest male, most glamorous female, best dressed, best vocal performance, best tail wag, and top dog. **Sign up begins on January 8th.**



## Travel and Special Events

### **22<sup>nd</sup> Annual Mountain Quilt Fest**

Wednesday, March 16, 2016

Pigeon Forge, TN

8:00A.M.-5:00P.M

Cost: \$8.00 for transportation and lunch on your own

The Quilt Fest is free but you will need money for lunch and if you want to buy something at the Quilt Show.

Maximum of 20 people

**Sign up will begin on January 11, 2016.**



### **OTLB: Green Tomato Grill & Shopping at Homestead Antique Shoppe with stop at Patsy's Bakery**

Friday, February 12, 2016

9:45A.M.-3:30P.M.

Mooresburg & Church Hill, TN

Cost: \$8.00 for transportation. Lunch will be on your own.

**We still have spots available. Sign up now.**

### **OTLB: Breakfast at Butter My Biscuit Family Restaurant and a trip to the Blackbird Bakery**

Friday, January 8, 2016

Bristol, TN

8:00a.m.-1:00p.m.

Cost: \$8.00 for transportation with lunch on your own.



**We still have spots available. Sign up now.**

### **Winter Ice Solstice at the Niswonger Performing Arts and Dinner Location TBA**

Sunday, February 28, 2016

Greenville, TN

12:30p.m.-7:30p.m.

Cost: \$45.00 for ticket and transportation with dinner on your own

Winter Ice Solstice visits the NPAC stage! For the first time ever at NPAC, experience an event that will have you frozen to your seat with excitement while watching professional ice-skaters glide across the stage in a unique performance like none other. Take a peek into this winter wonderland and enjoy a magical performance the whole family will love!

**We still have spots available. Sign up now.**

# Your Page

## 2016 Happy Day Singers Schedule

January 4- Holston Manor  
 January 11- Brookhaven  
 January 18- Closed  
 January 25- Greystone @ Airport  
 February 1- Crown Cypress  
 February 8- Elmcroft  
 February 15- Brookdale @ Rock Springs  
 February 22- Preston Place I  
 February 29- Baysmont  
 March 7- Holston Manor  
 March 14- Brookhaven  
 March 21- Church Hill  
 March 28- Greystone @ Airport  
 April 4- Crown Cypress  
 April 11- Elmcroft  
 April 18- Brookdale @ Rock Springs  
 April 25- Preston Place II  
 May 2- Holston Manor  
 May 9- Brookhaven  
 May 16- Church Hill  
 May 23- Greystone @ Airport  
 May 30- Closed  
 June 6- Crown Cypress  
 June 13- Elmcroft  
 June 20- Brookdale @ Rock Springs  
 June 27- Preston Place I  
 July 4- Closed  
 July 11- Brookhaven  
 July 18- Church Hill  
 July 25- Greystone @ Airport  
 August 1- Crown Cypress  
 August 8- Elmcroft  
 August 15- Brookdale @ Rock Springs  
 August 22- Preston Place II  
 August 29- Baysmont  
 September 5- Closed  
 September 12- Brookhaven  
 September 19- Church Hill  
 September 26- Greystone @ Airport  
 October 3- Crown Cypress  
 October 10- Elmcroft  
 October 17- Brookdale @ Rock Springs  
 October 24- Preston Place I  
 October 31- Baysmont  
 November 7- Holston Manor  
 November 14- Brookhaven  
 November 21- Church Hill  
 November 28- Greystone @ Airport  
 December 5- Crown Cypress  
 December 12- Elmcroft  
 December 19- Brookdale @ Rock Springs  
 December 26- Closed

## Massage Therapy

Mondays and Tuesdays  
 9:00am-3:00pm  
 Call Barbara Keesecker at 423-735-7475  
 to set up your 30-minute appointment  
 Cost: \$20.00

## Kingsport Senior Center Advisory Council Members

Bruce Shine (Chairman)	
Brenda Cunningham	Jean Chang
Norma Livesay	Carmen Moix
Lester Pridemore	Frances Cottrell
Carol Woodard	Mary Porter
Pat Breeding	Sherri Mosley



**Biscuits and Bingo at Lynn View  
 Cafeteria will be held on Thursday,  
 February 11, 2016 from 10:30am-  
 11:30am. This is a free event you will not  
 want to miss. Sign up by calling Lynn  
 View Branch Site (Monday-Friday  
 9:00am-2:00pm) at 765-9047**



## News to Use

We still have availability on our trip to Biloxi, MS and New Orleans (see back page for more information)

### **Kingsport Senior Center Space Study**

The Kingsport Senior Center has received quotes and is working to finalize plans for a space study to begin in the New Year. This study will take an in depth look at the Centers programs, attendance, facility, and the needs required to meet present and future growth of membership. Like the accreditation process, we will be asking for our members input. Please be thinking about current usage of the space we have in our facility and what we will need for the future. Several open meetings will be planned to relay these ideas in the upcoming months. Please check the February newsletter for upcoming meeting dates.



Do you have a Facebook account? If so, please like the Kingsport Senior Center Facebook page. Facebook is a great way to check out what is and will be going on at the Kingsport Senior Center.



## **Recipe of the Month**

### **Slow Cooker Sticky Chicken Wings**

#### **Ingredients:**

3 pounds chicken wings  
2 tablespoons cornstarch  
1 tablespoon sesame seeds  
2 tablespoons chopped fresh cilantro leaves

#### **For the sauce:**

1/3 cup reduced sodium soy sauce  
1/3 cup balsamic vinegar  
1/3 cup brown sugar  
1/4 cup honey  
3 cloves garlic, minced  
1 teaspoon Sriracha, ore more, to taste  
1 teaspoon ginger powder  
1 teaspoon ground pepper  
1/2 teaspoon onion powder

#### **Directions:**

-In a large bowl, whisk together soy sauce, balsamic vinegar, brown sugar, honey, garlic, Sriracha, ginger powder, pepper and onion powder.  
-Place wings into a slow cooker. Stir in soy sauce mixture and gently toss to combine. Cover and cook on low heat for 3-4 hours or on high for 1-2 hours.  
-In a small bowl, whisk together cornstarch and 2 tablespoons water. Stir in the mixture into the slow cooker. Cover and cook on high heat for an additional 10-15 minutes, or until the sauce has thickened.  
-Preheat oven to broil.  
-Place wings onto the prepared baking sheet and broil for 2-3 minutes or until caramelized and slightly charred.  
-Serve immediately with remaining sauce, garnish with sesame seeds and cilantro, if desired.



## **Computer Classes**

**Introduction to Office: Word, Excel, PowerPoint and Email.** Tuesday & Thursday; December 8, 10, 15, 17 and January 5, 7, 12, 14, 2016 at 1:00P.M. to 3:00P.M. in the Computer Lab. Cost is \$25.00 payable at sign up. Instructor: Charles Harrell. Sign up now.

\* **Note:** Let us know in the front office (392-8400) if you have any request on computer classes you need.



## **Benefits of Meditation with Lee Stone**



- **Keeps you stress free**
- **Reduces Aging**
- **Adds more hours to your day**
- **Helps you appreciate life more**
- **Helps you feel more connected**
- **Makes you and those around you happier**
- **Improves functioning of your brain**
- **Helps you have a good nights sleep**
- **Improves metabolism and helps with weight**
- **Increases immunity and helps fight disease**
- **Increases your attention span**

This class is taught by Lee Stone on Tuesday and Thursday in room 306 at 9:30am. The cost is \$5.00 per class. (Will begin January 5)

## **Manicures**

Dobyns-Bennett cosmetology students will be at the center on Tuesday, January 12, 2016 to do manicures. Sign up now.

## **Library Book Day**

No Library Book day until further notice.

\*\*We are missing some library books that were checked out or mistakenly picked up and thought the books were free during library book day. The Senior Center is being charged \$821.70 for these books. If you have any of the books please return them to the Kingsport Senior Center office as soon as possible. Thank you.

## **Karaoke**

Tuesday, January 19, 2016  
4:00pm-6:30pm in the cafeteria

## **SMILE: Volunteers Wanted**

Attend SMILE meeting-  
Thursday, January 14, 2016 at  
2:00pm  
in room 239.

Come and find out about all of our wonderful volunteer opportunities. Contact Michelle at 392-8404 for more information.



# Winter Classes 2015

**Classes begin week of January 4, 2015 through week of March 21, 2016 unless otherwise noted.**

## **Aerobics**

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

## **Basic Tai-Chi**

- Monday
- Time: 8:30am
- Location: Room 310

This will be led by Pastor Richard. He has practiced tai-chi since 1958 and will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

## **Ballroom Video Class**

- Tuesday
- Time: 4:30pm-6:00pm
- Room 302
- No instructor, practice on your own

## **Basket Weaving**

- Tuesday
- Time: 9:00am-12:30pm
- Room 303
- Instructor: Lynne Bowers

## **Core & Posture Belly Dance for Beginners (women only)-**

- Thursdays
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

## **Belly Dancing- (Women Only) Wednesday**

- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your core and abdominals.

## **Camera Club**

Please visit website for meeting times. Instructor: Claude Kelly  
Website:  
[www.scphotogroup.com](http://www.scphotogroup.com)

## **Ceramics**

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- **Please remember your \$15 annual firing fee**

## **Clay (Beginning Hand-Building)**

- Monday- January 4 – March 21.
- Sign up starts Dec. 4
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shively
- Fee: \$30.00, plus \$15.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

## **Clay (Intermediate Hand Building)**

- Wednesday- January 6- March 23.
- Sign up starts Dec. 4.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shively
- Fee: \$30.00, plus \$15.00 firing fee
- Limit 16 people
- Pre-requisite must have taken beginning hand building

## **Clogging (Beginning)**

- Thursday
- Time: 10:00-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

## **Clogging (Intermediate)**

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

## **Dulcimer (Beginners)**

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/Lap dulcimer book: Cost: \$9.99. Supply list available at signup

## **Intermediate Dulcimer**

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

## **Exercise for Everybody**

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Winter Classes 2015

## Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational signing at nursing homes

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

## Jam Session

**Will be held every Thursday.**

## Karaoke

- 3<sup>rd</sup> Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack
- Facilitated by: Gary Coates

## Knitting Class

- Monday
- Time: 1:00-3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

## Lap Swimming

- Monday-Friday
- Time: 8:00am-11:00am
- Location: Aquatics Center
- No instructor, Lap swimming
- Locker room and warm water pool available for use.

## Mahjong

- Monday
  - Time: 2:00pm
  - Location: Card Room
  - Instructor: Jean Chang
- Beginners to advanced player's welcome.

## Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

## Piano Lessons

- Thursday
- Time: 2:00pm-7:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 292-2711

## Quilting

- Monday
- Time: 9:00am-10:30am
- Location: Room 303
- Instructor: John Plutchak

## Renaissance Strings

- Tuesday
- Time: 10:00am-11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Rook

- Tuesday
- 4:00pm
- Location: Card Room
- Bring snack to share

## SilverSneakers Classic

- Monday, Wednesday, Friday
- Time: 8:15am-9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

## Strength Training

- Monday, Wednesday, Friday
- Time: 10:15am-11:0am
- Location: Gym
- Instructor: Terri Farthing

## Strength Training

- Tuesday & Thursday
- Time: 9:30am-10:30am
- Location: Gym
- Instructor: Kevin Lytle

## Tai-Chi

- Wednesday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

## Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

## Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required. Given 1<sup>st</sup> Monday of each month at 9:00am
- Saturday's 9-12

## Zumba

- Tuesday & Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

# Winter Classes 2015 Branch Site Schedule

## Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning Crochet (Begins Jan. 15)

- Friday
- 6 week class
- Time: 12:00pm-1:00pm
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Will be making heartwarming crochet scarf
- #4 worsted weight yarn and size H hook. Limit 6
- (Please sign up by January 11)

## Intermediate Crochet (Begins Jan. 15)

- Friday
- 6 week class
- Instructor: Susan Egan
- Time: 10:00am-11:00am
- Cost: \$20.00
- Will make crocheted gingerbread tree ornaments, Limit 6

## Art Class

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

## Core Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Corn Hole

- Monday-Friday
- 9:00am-2:00pm
- Lynn View

## Artist and Crafters Monthly

### Breakfast

- 2<sup>nd</sup> Tuesday of each month
- Time: 10:00am
- Location: Lynn View
- Please call for reservation 765-9047 (Mon-Fri 9:00am-2:00pm)

### Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

### SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

### Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

### Blood Pressure checks will be held at Lynn View from 10:00am-12noon every 2<sup>nd</sup> Tuesday of the month

### Game Day: Come learn to play Bunco

- Thursday, January 14, 2016
- 10:30A.M.-12:00P.M.
- Lynn View
- Facilitated by: Dottie Shockley and Delilah McCarty

### De-Clutter Your Home

- Thursday, January 28, 2016
- 12:30P.M.- 1:30P.M.
- Lynn View
- Free
- Presented by Kim Howell at Visiting Angels

## Pickleball

- Monday, Wednesday & Friday
- Time: 10:00am and 1:00pm
- Location: Lynn View

### SilverSneakers Yoga (No Class until further notice)

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: TBA

### Indoor Walking

- Monday-Friday
- Time: 9:00am-Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

### SilverSneakers Yoga

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks

### Self Defense

- Tuesday, January 26, 2016
- 12:30p.m.
- Lynn View
- Please sign up by January 22, 2016.
- This is a free class
- Please call 765-9047 to sign up.

### Heart to Heart with Christy

- Thursday, January 21, 2016
- 11:00A.M.-12:00P.M.
- Lynn View
- This is a free class.
- Please call 765-9047 to sign up.

Biscuits and Bingo will be held on Thursday, February 11, 2016 at 10:30A.M. in the Lynn View Cafeteria



# Kingsport Adult Education Classes



## Adult Education

### Job Skills

#### How to use an iPad

- ❖ Tuesday & Thursday
- ❖ January 5-January 28, 2016
- ❖ 5:00P.M.-7:00P.M.
- ❖ Cost: \$25.00 for members; \$35 for non members
- ❖ Must bring your iPad to class
- ❖ Instructor: Whitney Sensabaugh

#### Basic Computer Class

- Tuesday & Thursday
- Time: 12noon-2:00P.M.
- Location: Lynn View
- December 8-December 31
- Learn the very basic/beginning on how to turn on the computer and different operating systems; word, email, etc.
- Instructor: Whitney Sensabaugh

#### National Electrical Code Class (Residential)

- Monday's: January 25-March 14, 2016
- 6:00P.M.-8:00P.M.
- Cafeteria
- Cost: \$75.00 payable at sign up.
- Instructor: Christ Farell, Code Inspection

## Cultural/Arts/Crafts

### Beginner Banjo Lessons

- ❖ Thursday's January 7-February 25, 2016
- ❖ Room 303
- ❖ 5:30P.M.-7:00P.M.
- ❖ Cost: \$80.00 for members and \$120.00 for non-members
- ❖ Instructor Tommy Freeman
- ❖ Must bring your Banjo
- ❖ Please sign up by January 4.
- ❖ **Sign up began December 7.**

### Cake Decorating

- ❖ Thursday's January 14-January 28, 2016
- ❖ Cafeteria
- ❖ 5:30P.M.-7:30P.M.
- ❖ Focus will be on character cakes with buttercream icing
- ❖ Cost is \$20.00 payable to instructor on the first day of class
- ❖ Instructor Donna Chmielnik
- ❖ Please sign up by January 11.
- ❖ Sign up began December 14.

## Health/Exercise

### Personal Training with Chris



- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package
- ❖ Contact Chris (423) 723-9967 for pricing

### Tabata- High Intensity Workout

- ❖ Monday's- January 4-February 15, 2016
- ❖ 5:30pm-6:30pm
- ❖ Room 302
- ❖ Instructor: Becky Mills
- ❖ Cost: \$20.00 for 6 weeks class due 1<sup>st</sup> day of class
- ❖ Pay in senior center office

### Piloxing

- ❖ Tuesday's/Thursday's
- ❖ 9:30am
- ❖ Colonial Heights Baptist Church
- ❖ Instructor: Terri Bowling
- ❖ Cost: \$2.00 for non members; Free to Senior Center members
- ❖ Pay for 12 classes at Senior Center office. We will give you a punch card and instructor will punch your card each class.

# 2015 in Review





## Brain Teasers

8	9	2			3		1	4
				6	8		7	
4	5			8				1
		8				2		
1		3	7			5		
	7	1			6		5	
5		9	2				8	
6					7			9

8						1	4	7
		4		9				6
	2	3	7			8		
		9			1			2
			3	2				
	8				9	4		
		1						
9		6	1	4			3	8
5				6	3			

## New Year's Word Search Puzzle

B P M Q N U I T Z I H V P N N  
 E A B Q O E N I W V V W I O O  
 Y M E T I Q I O U T I R G I B  
 E B G H T U T N S L I A T T B  
 D D I G A M I A O S M L I C I  
 B U N I R N O I T U L O S E R  
 K R N N B T X E N D W M U L F  
 W A I D E E N E W T C K G F M  
 O D N I L D H X M M I P L E J  
 N N G M E S N X U I B U A R H  
 S E C X C S D R A C X N S Q M  
 J L M R A C F X P U Y J S O D  
 V A S K R O W E R I F Y E M L  
 B C P S I T T E F N O C S S O  
 C W D L O S G N I T E E R G C

BEGINNING REFLECTION  
 CALENDAR RESOLUTION  
 CARDS RIBBON  
 CELEBRATION SNOW  
 COLD TOAST  
 CONFETTI WINE  
 END  
 FIREWORKS  
 GLASSES  
 GREETINGS  
 IN  
 MIDNIGHT  
 NEW  
 OLD  
 OUT

## STILL ROOM, SIGN UP NOW!



BILOXI, MS & NEW ORLEANS, LA  
(FEBRUARY 1-FEBRUARY 4, 2016)

THIS 5 DAY/4 NIGHT TRIP INCLUDES:  
4 NIGHTS' ACCOMODATIONS ICLUDING  
4 BREAKFASTS AND 2 DINNERS INCLUDING  
1 DINNER AT NEW ORLEANS SCHOOL OF COOKING  
GUIDED TOUR OF NEW ORLEANS  
CASION BONUS PACKAGE  
FREE TIME IN THE FRENCH HEAD QUARTER

4 DAYS BEFORE MARDI GRAS 2016!

LOTS AND LOTS OF FUN!



\$549.00 PER PERSON DOUBLE OCCUPANCY  
\$699.00 PER PERSON SINGLE OCCUPANCY



The Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN 37660

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PAID  
KINGSPORT, TN  
PERMIT NO. 291